

Toxic Beauty

Toxic Beauty is a documentary that delves into the potentially harmful ingredients found in beauty products. The film highlights how the beauty industry prioritizes profits over consumer safety, resulting in many products containing toxic chemicals that are known to cause health problems. The documentary highlights the need for more stringent regulations in the beauty industry to protect consumers from these harmful chemicals. In this essay, I'll be focusing on my opinions about the material covered in the film. Also, the use of any of the beauty products mentioned and the knowledge I acquired about the harmful ingredients in beauty products.

One of the key takeaways from the film is the number of harmful chemicals present in beauty products that most consumers are not aware of. Most of the people on TV were white female celebrities that maybe has screwed people's perception of what beauty should be like (Nguyen, 2019). This affects individuals who look up to these celebrities because they become highly insecure and aren't satisfied with their natural looks. Not only are they not satisfied but the products are negatively affecting their skin. Majority of the products advertised are propaganda because they don't discuss the harmful chemicals in the products. Some of the chemicals mentioned in the film include phthalates, parabens, and formaldehyde. These chemicals have been linked to cancer, hormone disruption, and skin irritation. Cosmetic campaigns will take a very influential person that a lot of girls look up to and they use that person to advertise for whatever product (Nguyen, 2019). Cosmetic brands will sexualize females in commercials making the target audience believe if the person is beautiful if I use this product I will feel beautiful as well. The film encourages viewers to check the ingredients on their beauty products and research any that they are unfamiliar with to make informed decisions about the products they use.

The film also highlights the difference in regulations between the United States and Europe. European countries have banned over 1,300 harmful ingredients, while the United States has only banned around 30. This difference in regulation could mean that beauty products in the United States contain more harmful ingredients than those in Europe. The film suggests that the United States should adopt stricter regulations to ensure that consumers are not exposed to harmful chemicals in their beauty products.

The documentary was very insightful and made me start paying attention to the facial products I use. I have facial appointments every month and the esthetician informs me on all these particular products she uses on my face from the cleanser, serum, moisturizer, and more. One of the products that was talked about in the film is sunscreen. Majority of the individuals in the documentary admitted to using sunscreen. The sunscreen I use is Supergoop Play Everyday Lotion. The sunscreen provides high performance protection from UVA, UVB, and IRA rays. The active ingredients on this product are Avobenzo (3%), Homosalate (10%), Octisalate (5%), Octocrylene (7.5%). The inactive ingredients are Water, Acrylates Copolymer, Diisopropyl Sebacate, Glycerin, Isodecyl Neopentanoate, Isododecane, Lauryl Lactate, Cetyl Alcohol, Potassium Cetyl Phosphate, Brassica Campestris/Aleurites Fordi Oil Copolymer, Oryza Sativa (Rice) Bran Extract, Cetearyl Oliviate, Ammonium Acryloyldimethyltaurate/VP Copolymer, Hydroxyacetophenone, Sorbitan Oliviate, Diethylhexyl Syringylidenemalonate, Aniba Rosaeodora (Rosewood) Wood Oil, Chlorphenesin, Citrus Aurantium Dulcis (Orange) Peel Oil, Citrus Limon (Lemon) Peel Oil, Ethylhexylglycerin, Eucalyptus Globulus Leaf Oil, Ocimum Basilicum (Basil) Flower/Leaf Extract, Pelargonium Graveolens Flower Oil, Pogostemon Cablin Oil, Pentylene Glycol, 1,2-Hexanediol, Caprylyl Glycol, Xanthan Gum, Helianthus Annuus (Sunflower) Extract, Behenic Acid, Cetyl Behenate, Isostearyl Isostearate, Trisodium Ethylenediamine Disuccinate, Tocopherol, Allantoin, Rosmarinus Officinalis (Rosemary) Leaf Extract, Caprylic/Capric Triglyceride, Dexpantenol, Pentasodium Triphosphate, and Citric Acid.

Overall, I believe that the film is effective in raising awareness about the potential harm caused by beauty products. The documentary highlights the need for more stringent regulations in the beauty industry to protect consumers from these harmful chemicals. However, the film could be accused of being overly dramatic in its presentation of the issue, which could potentially undermine its credibility.

In conclusion, Toxic Beauty is an eye-opening documentary that highlights the need for greater awareness of the potentially harmful ingredients found in beauty products. The film encourages viewers to check the ingredients on their beauty products and research any that they are unfamiliar with to make informed decisions about the products they use. The documentary also highlights the need for stricter regulations in the beauty industry to protect consumers from harmful chemicals.

Work Cited

Ellis, P. (2019, April 28). *Toxic Beauty* . Tubi. Retrieved April 30, 2023, from <https://tubitv.com/movies/610391/toxic-beauty>